

ICEBREAKER RESILIENCE TOTEM



OBJECTIVES:

- Get to know each other
- Reflect on what resilience means in our lives

AXES:

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STEP BY STEP OF THE ACTIVITY

>> Introduction to the activity:

Ask each participant to think of an object that represents resilience in their lives.

>> 1st part of the activity

Ask the group to look around for that object. Then, each person will introduce him/herself by sharing their object and explaining why they have chosen it.



METHODOLOGY:

Popular education



DIGITAL TOOLS INVOLVED:

Online meeting platform, computers or mobiles with camera, microphone and sound for all participants.

PREPARATION:

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DURATION:

20 minutes

PLATFORM USED:

Zoom/Meet/Jitsi



TIPS FOR THE PERSON DOING IT

The facilitator can start by giving an example to the participants.



THEORETICAL FRAMEWORK

Relying on an object allows us to approach a concept through a symbolic language that can be very revealing. It helps to unveil the diversity and creativity of a group.